



**PORT LINCOLN:** Local gymnasts from levels three to seven Liana Baldwin, Kodi Mundy, Alana Jantke, India Wilkes, Issie Baldwin, Sasha Meyers and Demi Mundy trained with gymnasts from Adelaide and visiting coaches this week.

## Visiting gymnasts, top coaches

THE Port Lincoln Gymnastics Club is hosting Adelaide gymnasts and an ex national coach this week.

Fourteen gymnasts from the Hub Gymnastics Club, based at Aberfoyle Park in Adelaide has been training with Port Lincoln gymnasts this week.

One of Hub's senior coaches, Paul Murray said the club had travelled to Port Lincoln to do a joint training camp for the first time.

Mr Murray said usually Hub gymnasts did about 10 hours of training a week, and Port Lincoln does about six to eight

hours a week.

This week the gymnasts will do up to about 32 hours of training, which will be good for endurance and learning and improving new skills.

Mr Murray said doing a large amount of training in a small amount of time allowed for the girls to focus on their skills, and it would be easier to learn and practice because they would be doing it more often.

Patrick Walden, OAM, has been training the girls, some of whom have been learning the difficult Tsukahara vault.

Mr Walden has 40 years of

experience and was coached how to perform the Tsukahara vault by Mitsuo Tsukahara himself.

Mr Murray said the clubs hoped the week would be such a success the joint training week could be done again, either by Hub revisiting Port Lincoln or Port Lincoln travelling to Adelaide.

The group is staying at the Lions Hostel at North Shields and have several whole group activities planned before driving back to Adelaide on Saturday.

■ More photos on page 25



**HUB CLUB:** Level three to eight gymnasts are (back): Anisa Mackenzie, Lauren Anlezark, Nikki Auricht, Marisa Mackenzie, Paris Osborne, Karli Wise, front: Danni Lewis, Imogen Smith, Samantha Beatty, Steph Lesmo, Olivia Smith, Shae Lewis and Ashleigh Lane.



**COACHES:** (Back): Mark Biagrove and Anisa Mackenzie (Hub), Jason McMillar (Port Lincoln), Paul Murray (Hub), front: Meryl Davidson (Port Lincoln), ex-national coach Patrick Walden and Emma Murray (Hub).

## Visiting gymnasts, coaches

THE Port Lincoln Gymnastics Club is hosting Adelaide gymnasts on a training camp this week with coaching sessions from ex national coach Patrick Walden.



**BARS:** Kodi Mundy with visiting coach Patrick Walden.



**LANDING:** Demi Mundy prepares to land while being watched by coach Patrick Walden.



**READY:** India Wilkes positioned herself to jump.



**COACHING:** Liana Baldwin being held by Patrick Walden.